

Area woman invents new type of socks

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Many people have difficulty managing the perfect sleeping conditions, including a comfortable temperature that allows them to quickly drift into a deep sleep. Perhaps one of the simplest things a sleeper can do to enhance the process is to wear socks — but not just any socks.

Lynn Gorman, who owns a public relations and advertising firm in Bethlehem, has created and begun marketing Zzooties, a sock, or sleeping bootie, to be used specifically under the covers.

There are two styles, both of which are made from 45 percent CoolMax, a breathable, moisture-wicking fabric—40 percent cotton and 15 percent nylon—that allows the sock a bit of elasticity for fit.

One style is similar to an athletic sock, which rests just below or above your ankle, depending on the size of your feet. The Zzooties logo, a crescent moon wearing a sleeping cap, is sewn on the ankle. The other has a roll cuff that is a bit shorter and less restrictive, for those who are con-

cerned with circulation to the feet. Both styles come in the standard women's sock size, 9-11.

"When it was really cold out, I used to wear socks to bed, but somewhere along the line I heard you're not supposed to wear socks because your feet need to breath, so I wouldn't wear them all the time," Gorman said this week.

In 1999, she caught a segment on a morning talk show about sleeping tips and one was that researchers suggest wearing socks to bed.

According to a BBC news report, the link for which may be found on the Zzooties Web site, www.zzooties.com, Swiss researchers have determined that "you are more likely to fall asleep swiftly if your hands and feet are warmer than the temperature of the bedroom."

Shortly after watching the program, Gorman became a regular nighttime sock wearer.

"I tried all sorts of socks to sleep in," she said. "Wool felt too hot, and I would rip them off in the middle of the night, and I tried cotton anklets, but I didn't want anything on my ankle."